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CHIEF EDITOR:
JIAN RONG
NEWS EDITOR:
YU SHANSHAN
DESIGNER:
DENG NING

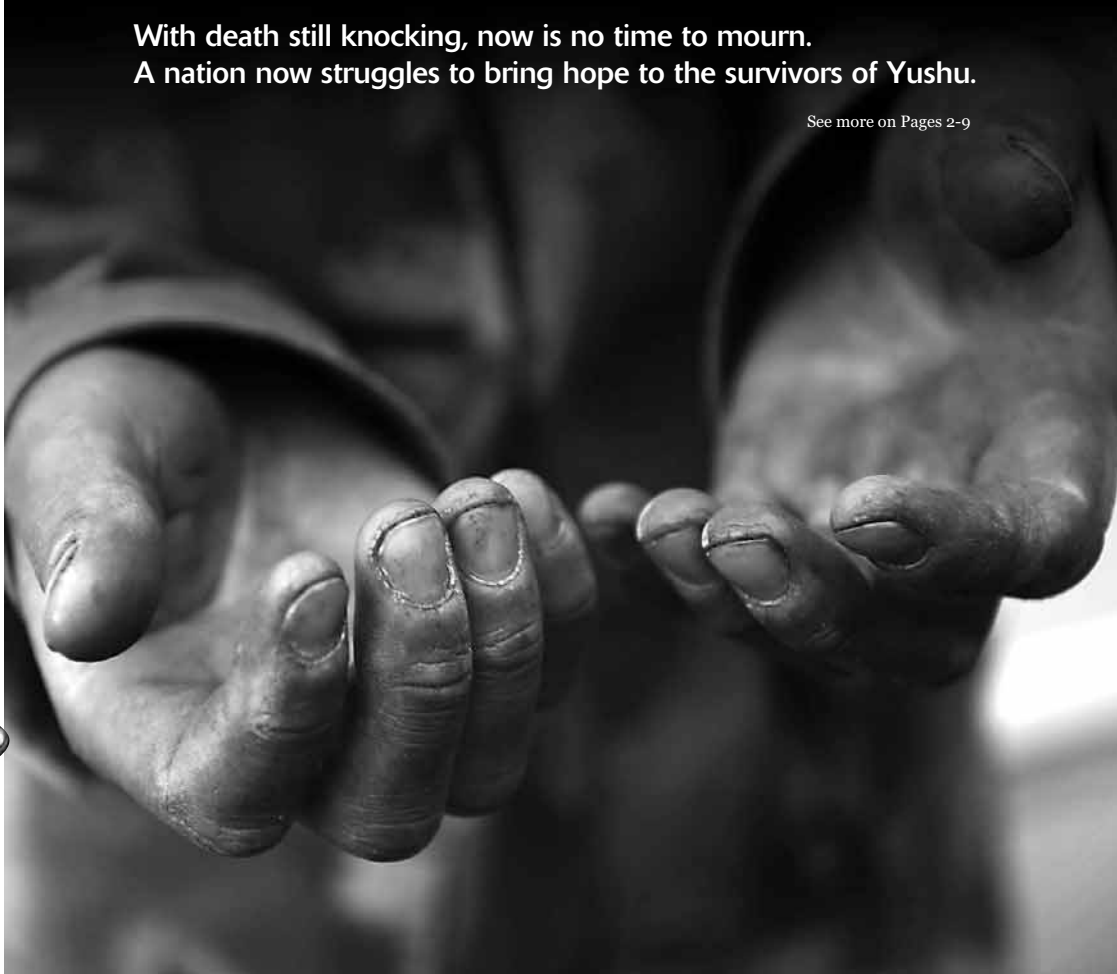


北京青年报
BEIJING YOUTH DAILY

How we die, How we live

With death still knocking, now is no time to mourn.
A nation now struggles to bring hope to the survivors of Yushu.

See more on Pages 2-9



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Death pounds

Yushu, an ancient township once described as "the end of the earth" in a Tang Dynasty poem, was flattened in the blink of an eye last Wednesday morning. What remains for the survivors is a scene of widespread destruction, a huge death toll and nightmares.



The magnitude-7.1 quake turned lives upside-down in an instant.

Photo by Hao Yi



Some reached for help that could never arrive in time.

Photo by Reuters



A scared father with his child after the earthquake.

CFP Photo

Feeling helpless

Rescuers and survivors hadn't tears enough for Yushu's scenes of death and destruction. The county's remote location prevented modern equipment from reaching areas most severely damaged until a day after the quake.



The impossible task took an emotional toll on Yushu's saviors.

Photo by Hao Yi



With their families shattered, many in Yushu face an uncertain future.

Photo by Andy Wong



A Yushu monk looks out over what remains of the village he once ministered.

CFP Photo

Daring rescue

"Saving lives is the top priority. We will search out and rescue survivors no matter the cost," said President Hu Jintao when he visited the quake zone on April 18.

Rescuers across the country are going all-out to save lives in the quake-hit region even though the critical first 72 hours have passed.



Rescuers carry a 13-year-old Tibetan girl who was buried under a collapsed hotel for more than 50 hours.

Photo by Hao Yi



Military personnel guide survivors to safety.

Photo by Wang Xiaoxi



Even dogs can tire. A rescue team rests after days of searching the rubble.

Photo by Hao Yi

Aid a struggle

As of press time, as many as 12,300 military servicemen and armed police have been dispatched to the quake zone. Their herculean efforts have pulled more than 1,200 people from the rubble of collapsed buildings and brought 550 tons of relief supplies in to the region. Government officials promised to deliver 10,000 tents to Yushu County as efforts continue to find shelter for those who have lost their homes.



An injured survivor is treated at a gymnasium. Trucks carrying relief supplies have been navigating rough mountain terrains as they struggle to reach the earthquake zone.

Photo by Hao Yi



A survivor waits in a tent to be evacuated with her baby on April 15 in Yushu.

Photo by Hao Yi



Aid trucks from across the country are bound for Yushu.

Photo by Wang Xiaoxi



Reaching for life

Yushu's Zaxike Horseracing Field was turned into one of the biggest post-quake settlement in Yushu. Although it has 20,000 tents, the number of victims who will survive to use them remains uncertain. Soldiers, government employees and volunteers are helping distribute food and relief goods.



Thousands of monks from neighboring provinces came to Yushu to help in the rescue. Here, two monks recite prayers during a break.

Photo by Wang Xiaoxi



Soldiers unload relief goods from all over the country.

CFP Photo



The women of Yushu prepare dinner, striving for some normalcy in a life turned chaotic.

Photo by Liu Jin

Signs of hope

Living in a tent is hard, but children can always find causes to smile even in the worst circumstances. Children give grownups reasons to keep going. Solidarity from their countrymen helps prop them up in these hard times.



A young survivor shares a smile with an old woman.

Photo by Hao Yi



Children stop their games to pose for the camera.

Photo by Wang Xiaoxi



Survivors have shown courage, patience and strength.

Photo by Qing You





An old Tibetan woman mourns the victims in the square of Jiegu, Yushu County, Qinghai Province. Xinhua Photo



A Buddhist blesses the dead at the earthquake's ruins.

Xinhua Photo



Tibetan monks gather outside their monastery in Yushu County. Getty Images

Mourning a

Horns and sirens sounded and crowds bowed their heads Wednesday for a day of national mourning for victims of



Flags lowered to half-mast on the day of mourning.

and praying

Yushu quake. Buddhists serviced butter-fuel lamps for the death and prayed for peace and security for the living.



Photo by Hao Yi



Tibetan students in Foshan, Guangdong Province make silent tribute for the victims.

CFP Photo



A Tibetan Buddhist services butter-fuel lamps for the earthquake victims in Jiegu, Yushu County, Qinghai Province.

Photo by Hao Yi

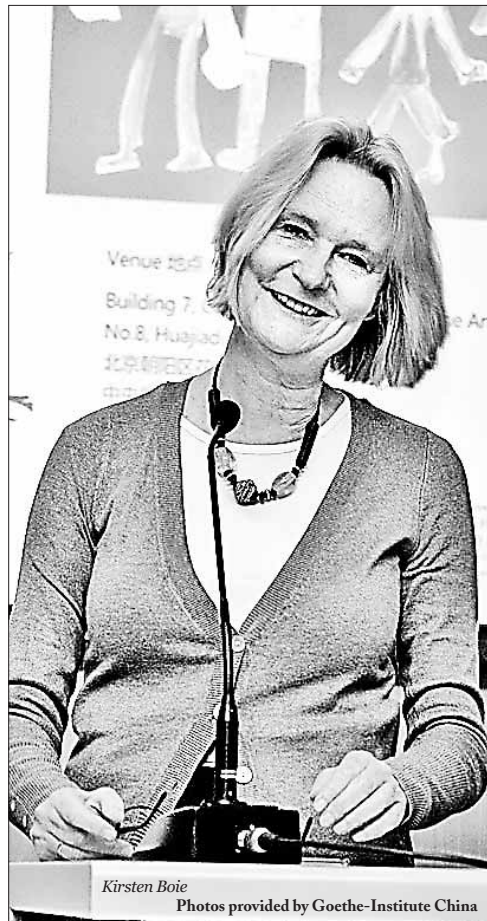


Soldiers in Zhongshan, Guangzhou Province held a memorial ceremony for the victims.

CFP Photo



Author's kids-lit does more than entertain



Kirsten Boie

Photos provided by Goethe-Institute China

By He Jianwei

The best children's book authors write not only for the young ones, but also for their parents.

"As an adult reader, children's failings becomes lovely in literature. But as a parent, we usually don't have patience and look at them as troublemakers. Books can help adults to rediscover childhood," said Mei Zihan, a Shanghai-based writer of children's literature, last Saturday at German writer Kirsten Boie's book launch at Hanfenglou Bookstore.

Since her first book in 1985, Boie, 60, has published more than 100 books for children and teens that have been translated into many languages.

The *Juli Series*, published by China Electric Power Press this month, is her first Chinese release. It includes seven stories about a kindergarten boy called Juli.

One of the stories tells of Juli's puppy love for his teacher. "Chinese writers won't touch on this phenomenon in children's literature, but Boie noticed it and wrote about it in her stories. She is definitely a careful observer of children," Mei said.

Some critics have said her work only examines childhood from a child's perspective, but Boie and Mei disagreed.

"I always note what children do and try to find the reason they do it. Some answers I find in my own experiences when I look back on my childhood," Boie said.

Born in Hamburg, Germany,

Boie once worked as a secondary school teacher. When she adopted a child, she had to stop teaching and began to write.

"Children are the best readers. After publishing my first book, I received many letters from them," she said.

Her books cover most of the topics children care about. A book aimed at younger children may tell the story of a boy or girl raising an animal, while her books aimed at teens will explore classroom relationships.



Juli Series includes seven stories about a kindergarten boy.

Besides entertain, Boie's books help children to learn about society. She doesn't shy away from heavy topics like death, sorrow and negative emotion.

"We usually focus on light or funny topics in children's literature, but children also face difficulties. When a relative passes away, it is up to the parents to help their child understand death," she said.

Germany is home to many children of African and Turkish descent, so Boie's books sometimes feature children from immigrant families. "They are rarely problem children and grow up the same as any other children in Germany," she said.

Her complete works have been nominated three times for the Hans Christian Andersen Award, known as "Little Nobel Prize," an international award given biennially in recognition of lasting contribution to children's literature.

Next Murakami found in the UK?

By He Jianwei

Unlike other bestsellers, such as the Czech writer Milan Kundera and Japanese novelist Haruki Murakami, British novelist Ian McEwan is new to Chinese readers.

"Unhealthy" was the word most used by Chinese novelist Yu Hua as he described Ian McEwan's *First Love, Last Rites* at its book launch last Friday at One Way Street bookstore.

In this collection of short stories first published in 1975, British novelist McEwan deals with adolescence – that blurry and perilous divide between childhood and adulthood – and discusses sex, perversion, incest, pedophilia and death.

The book's startling challenge to traditional morals delayed its Chinese release by 35 years.

"McEwan should be as popular as Murakami in China. This first book gives our readers a chance to know his genius from the beginning," said Yu, who wrote the 4,000-character foreword to the Chinese edition.

For McEwan, the book was an opportunity to experiment and find his voice as a writer. "[The stories] were a kind of laboratory for me.

They allowed me to try out different things, to discover myself as a writer," he said.

The characters in the book are peculiar but capture the universality of human nature. "He repeats one theme in all his books: innocence. Especially its loss and how it should be cherished," said Zhang Yueran, young author of bleeding and tearing love stories.

First Love, Last Rites won the Somerset Maugham Award in 1976. Since then, McEwan has become a bestselling author in Britain and been regarded as one of the 50 greatest British writers since 1945 by *The Times*.

"It is a strange phenomenon in literature that if you are popular with readers, you will be abandoned by critics. McEwan's story is similar to that of Murakami. Both have many readers, but neither is considered for prizes," Yu said. "The chairman of the Booker Prize listed three reasons that McEwan did not win the prize in 2007 – they boiled down to jealousy."

Even small bookstores in Europe and the US house the complete collections of McEwan and Murakami. "I think McEwan will be the next Murakami in China," Yu said.



First Love, Last Rites

By Ian McEwan, translated by Pan Pa, 199pp, Nanjing University Press, 22 yuan

Timezone8 book listing

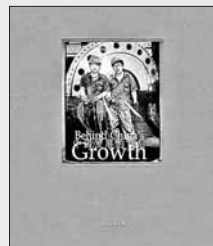
Timezone8 is a Hong Kong-based publisher, distributor and retailer of books on contemporary art, architecture, photography and design. This week, it recommends three new titles for *Beijing Today* readers.



Two Asias, Two Europes

Edited by Gu Zhenqing, 166pp, Timezone8, \$48

Two explores and demonstrates the dialogue between Asian and European cultures. The publication includes works by Asian artists in the front and the European artists in the back.



Pierre Bessard: Behind China's Growth

By Eric Meyer, 78pp, Timezone8, \$60

In this collection of stunning black-and-white portraits by the noted French photojournalist Pierre Bessard, China reveals itself not as a faceless, hulking industrial machine, but as a place of collective efforts by individuals. His work in the world's factory gives a face to the world's workers.



Wang Di: Ego, Structure, Red Dwellings

By A Cheng and Jin Jinan, 174pp, Timezone8 and Xin Beijing Art Gallery, \$50

Wang Di is best known for his photo-documentation of Chinese punk in the 1990s. This volume features his most recent work, raw photographic documentation of "red dwellings" – a Soviet style of architecture built in Beijing between the '50s and '70s.

(By He Jianwei)

The search for Grandpa's laptop

By Wang Yu

Most iPhone users leap to praise the handset for its superior design and function. However, few have anything good to say about its virtual keyboard.

Without mechanical feedback, typing can be a chore. For many, that sproing of an old mechanical keyboard is a comfort: the kerc-hunk of a mechanical typewriter, on the other hand, is bliss.

As more and more hipsters shed digital convenience for analog dependability, vintage typewriter collecting is taking off. However, unlike many collectables, a vintage typewriter can be much more than a paperweight. Most can be restored to working order and used.



Laptops of the past

David Hu can still remember the sunlit days of primary school.

Every Friday during his fifth year, Hu lugged a machine to class. The unwieldy beast was encased in white plastic and heavy enough to pull over a kid who tried to hike to school with it in one hand.

It was his typewriter.

"To the kids, these were laptops at that time (15 years ago). They were comparatively expensive, and they were rare enough to make you popular," Hu says.

Many young people born in China during the early 1980s have shared his experience. When computers were rare, typewriters were the way students learned to type. Most machines could load two colors of ribbon: black and red. Students were asked not to use the red because of its high price.

A few years later, Hu and his classmates stepped into the digital age. His father bought a home PC when he started middle school, and the typewriter began to languish in abandonment. His typewriter was lost in the move to his family's new apartment.

Hu's typewriter was made in China 20 years ago. But when he took an interest in old typewriters, Hu found the imported vintage machines made in the early 20th century were the real deals. The metallic parts were polished over time and the well-designed mechanical structure made the machines still usable.

"It's not nostalgia – none of us lived in the era when these machines were mainstream. But they are collectables that show the perfect fusion of art and mechanical design," Hu says.

The Chinese scene

Qiao Feng, 27, is a TV director in Shanghai. He came across a vintage typewriter for the first time in an old furniture shop when he had just moved to the city nine years ago.

"I had seen these in books and movies when I was a child. When I was growing up, I always wanted to write a love letter to a girl with one of the old ribbon typewriters. I thought it would be romantic, even though there were no such typewriters available," Qiao says.

In 2007, a friend in New York bought him an Underwood typewriter at an antique store. The popular typewriter brand was made in



Qiao Fen, a collector in Shanghai, bought his first Underwood typewriter through a friend in New York.
Photos by Qiao Feng

the 1890s. It cost 2,500 yuan, plus another 1,600 yuan for international shipping. But the price was much lower than what Shanghai shops asked: at least 5,000 yuan and possibly more than 10,000 yuan.

He got another two typewriters from his friend in New York after the Underwood. One was a well-preserved Royal made in 1924. Its glass body allows users to see the mechanical structure clearly.

The other was another Underwood, Qiao's favorite. It is the width of a sheet of A4 paper and made in 1935. The key to the typewriter's case was lost during shipping and Qiao had to pry it open. The machine was designed as a portable device for clerks and lawyers at that time.

"It is the laptop of 70 years ago. To be frank, I don't use the typewriter even though I wanted it for a long time. Ribbons can still be found in China but the mechanical parts are not available," Qiao says.

Gao Zhenguo, a collector in Dalian, also has an Underwood typewriter. But his machine types Russian. fifteen years ago he bought it from a dealer who claimed that the typewriter used to belong to a Russian officer. The officer gave the machine to the dealer's grandpa as a gift when he withdrew from the army. Though there were people offering 10,000 yuan for the typewriter, Gao chose to keep it as piece of history.

While the number of collectors in China is growing, it remains a niche scene.

Information in Chinese about vintage typewriters is scarce. Domestic collectors usually have to learn from English sites and buy machines from foreign collector and dealers.

"I just haven't found anyone with the same interest in typewriters as me, except on the Internet," he says.

Customized typewriters for royal families and those owned by celebrities are top collectibles. These machines rarely appear in China. Usually native collectors can find more in coastal cities where the price is lower.

"I hope to build a vintage typewriter museum when I have enough money. Until then, these are just something I like to collect," Qiao says.



Tips for vintage collecting

1. Instead of being devoted to popular brands, collectors seek out typewriters made by obscure companies.

2. Some of the most costly vintage typewriters have odd shapes or unusual features.

3. Collecting manual typewriter is one field that has not been heavily hit by reproductions designed to fool unsuspecting buyers.

4. From 1880 through 1910, manufacturers like Caligraph, Hall and Blickensderfer introduced a number of interesting models that collectors would relish owning today. But none of these makers could challenge Remington's market share before Underwood. Underwood's fifth model became a legend.

5. Essential items like ribbon tins and user manuals are also collectible. In fact, some ribbon tins can sell for several hundred yuan - more than the typewriters they originally serviced.

A brief history of typewriters

The first typewriter was produced by New York-based Remington in the 1870s with a QWERTY keyboard layout.

A popular story suggests that QWERTY was designed and used for early typewriters because it was inefficient. Early typists were so skilled that they would cause key jams on more efficient machines.

The concept of the typewriter was developed to enable the blind to write.

The early typist could not see what they had typed on the paper before the invention of "visible typewriters," such as the Oliver, introduced in 1895.

Shift keys were introduced around 1910. The design of typewriters has been standardized since then.

The basic groundwork for the electric typewriter was laid by the Universal Stock Ticker, invented by Thomas Edison in 1870 - one century before its use.

Friday, April 23

5

Exhibition
Together with
Tong Qingyan
to Hear the
Sound of**Bloomy Spring**

Tong Qingyan's oil paintings depict country landscapes in spring.

Where: Thread Gallery, 798 Art District, 2 Jiuxianqiao Lu, Chaoyang District

When: Until April 30, daily except weekends, 9 am - 5:30 pm

Admission: Free

Tel: 5878 9667

Movie**Dust in the Wind (1986)**

This critically acclaimed but commercially unsuccessful film by Taiwanese director Hou Hsiao-Hsien tells the story of A-yuan and A-yun, both from the small mining town of Jio-fen. A-yuan is

an apprentice by day and a student by night, and A-yun is an assistant at a tailoring shop. Everyone thinks they are meant for each other, and so do they. But they fail to see that time and fate are beyond their control.

Where: Sculpting in Time - Beihang (Beijing University of Aeronautics and Astronautics), 37 Xueyuan Lu, Haidian District

When: 7:30 pm

Admission: 15 yuan

Tel: 8231 0664

Nightlife**Blackwater**

This Beijing-based expat band plays Irish folk.

Where: Jianghu Bar, 7 Dongmianhua Hutong, Jiaodaokou Nan Dajie, Dongcheng District

When: 9:30 pm

Admission: Free

Tel: 6401 4611

Saturday, April 24

6

Exhibition
Play Thing

Zhu Yu paints pictures at the bottom of

eight teacups using dried resin - a recreation of a photograph.

Where: Long March Space, 798 Art District, 4 Jiuxianqiao Lu, Chaoyang District

When: Until May 16, daily except Monday, 10 am - 6 pm

Admission: Free

Tel: 5978 9768

Movie**Kerity: La Maison des Contes (Kerity: The House of Tales, 2009)**

This French animation is the story of a boy who tries to learn more about himself through a massive library of books bequeathed by an aunt.

Where: Broadway Cinematheque, 2/F Building 4, North section of the Museum of Modern Art (MOMA), 1 Xiangheyuan Lu, Dongcheng District

When: 3 pm

Admission: 40 yuan, 30 yuan for students

Tel: 8438 8258 ext. 8008

Nightlife**Peaches Tour 2010**

Songs by Peaches, a Canadian electronic musician, have appeared in films and TV series like *Lost in Translation*, *Ugly Betty* and *Gossip Girl*.

Where: Yugongyishan, 3-2 Zhangzizhong Lu, Dongcheng District

When: 9 pm

Admission: 200 yuan advance purchase, 260 yuan at the door

Tel: 6404 2711

Sunday, April 25

7

Exhibition
Glass Factory -
Art in the New
Financial Era

This group exhibition presents Chinese artists' view of the consumerist world.

Where: Iberia Center for Contemporary Art, 798 Art District, 2 Jiuxianqiao Lu, Chaoyang District

When: Until May 16, daily except Monday, 10 am - 6 pm

Admission: Free

Tel: 5978 9537

Movie**First Love (1970) and Italian for Beginners (2000)**

The first is a film by Austrian director Maximilian Schell and an adaptation of a novella by Russia's Ivan Turgenev. The second is a Danish romantic comedy about three women and three men, all single and with stressful or unhappy lives, who take an Italian course in a Danish village.

Where: China Film Archive,

3 Wenhuiyuan Lu, Xiaoxitian, Haidian District

When: 1 pm

Admission: 30 yuan for two movies

Tel: 8229 6153

Lan (2009)

Directed by Chinese actress Jiang Wenli, this is a movie about a girl raised by her grandfather during the Cultural Revolution.

Where: Ullens Center for Contemporary Art (UCCA), 798 Art District, 4 Jiuxianqiao Lu, Chaoyang District

When: 7 pm

Admission: 15 yuan, 10 yuan for students

Tel: 8459 9269

Nightlife**Folk Night**

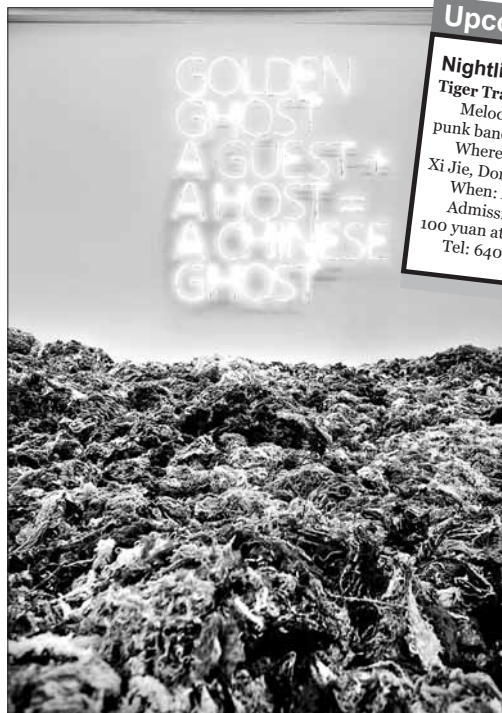
Song Yuzhe is a folk banjo player who has traveled China's western provinces.

Where: D-22, 242 Chengfu Lu, Haidian District

When: 9 pm

Admission: 30 yuan

Tel: 6265 3177



Treasure among industrial waste

By Li Zhixin

Thai artist Surasi Kusolwong's latest exhibition, *Golden Ghost*, involved collecting 13.5 tons of discarded yarn from textile mills in Guangdong Province.

"I wanted to create a space to think about problems caused by overconsumption by scattering this discarded yarn, which represent the breakdown of the world economy," Surasi, 45, said.

But hidden among the industrial waste are treasures that visitors could keep. "I hid several gold necklaces with symbols of the Golden Ghost. Each is wrapped in a small plastic bag. Luck, more than anything, will determine who takes them home," the 45-year-old artist said.

A group of young people rushed to rummage through the colorful yarn when *Golden Ghost* opened at the Ullens Center for Contemporary Art (UCCA) last Friday.

"It was really exhausting to dig through and turn over the thick yarn which were tightly tangled ... [It was] like looking for a needle in a haystack," said Ma Anning, 26, who spent an hour searching without success.

"Even if we don't find a necklace, we can consider this aerobic exercise," Zhang Li, a college stu-

dent, said while clawing through the tangled yarn, perspiration streaming down her face.

Surasi said he designed the exhibition as a social activity. "Feelings like desire, hope, sadness, excitement and happiness that emerged during the treasure hunt completed my work. This is an approach to reveal the real world," he said.

The first winner emerged an hour and a half into the hunt. "I was just lying on the mounds of yarn, taking a break and watching a friend who was furiously digging when, all of a sudden, I felt something between my fingers," said Wang Chong, a 25-year-old salesman. He said he will give the gold necklace to his mother on May 9, Mother's Day.

"People can touch and participate in the artwork in a way that normally never happens in exhibitions," Jerome Sans, director of UCCA, said.

Golden Ghost

Where: Ullens Center for Contemporary Art (UCCA) 798 Art District, 4 Jiuxianqiao Lu, Chaoyang District

When: Until May 20, daily except Monday, 10 am - 6 pm

Admission: 15 yuan, free for students

Tel: 8459 9269

Upcoming

Nightlife**Tiger Translate**

Melodramas is a two-year-old British punk band.

Where: Star Live, 3/F Tango, 79 Heping Xi Jie, Dongcheng District

When: April 29, 8:30 pm

Admission: 80 yuan advance purchase, 100 yuan at the door, 180 yuan VIP seats

Tel: 6402 5080

Stage in May

Concert**Charles Dutoit and the Philadelphia Orchestra**

Where: Concert Hall of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District

When: May 4-5, 7:30 pm

Admission: 280-1,680 yuan

Tel: 6655 0000

Martin Stadtfeld and**Festival Strings Lucerne**

Where: Concert Hall of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District

When: May 14, 7:30 pm

Admission: 80-400 yuan

Tel: 6655 0000

Secret Garden Beijing**Tour 2010**

Where: Beijing Exhibition Theater, 135 Xizhimen Wai Dajie, Xicheng District

When: May 29-30, 7:30 pm

Admission: 180-1,580 yuan

Tel: 6590 3377

Dance**Don Quixote by the Bolshoi Theater**

Where: Opera House of the National Center for the Performing Arts, 2 Xi Chang'an Jie, Xicheng District

When: May 3-5, 7:30 pm

Admission: 280-1,280 yuan

Tel: 6655 0000

Akram Khaan's Modern**Dance Bahok**

Where: Mei Lanfang Grand Theater, 32 Ping'anli Xi Dajie, Xicheng District

When: May 14-15, 7:30 pm

Admission: 80-580 yuan

Tel: 5833 1210

Drama**Sweet, Sweet Love**

Where: Poly Theater, 14 Dongzhimen Nan Dajie, Dongcheng District

When: May 19-23, 7:30 pm

Admission: 180-680 yuan

Tel: 6551 8058

The Life Attitude**of Two Dogs**

Where: Oriental Pioneer Theater, 8-2 Dongdan Santiao Wangfujing, Dongcheng District

When: May 17 - June 13, 7:30 pm

Admission: 100 and 180 yuan

Tel: 6275 8452

(By He Jianwei)

Turn your procrastination into action

By Li Zhixin

If you find yourself putting off credit card bills until their due date, letting unwashed clothes collect into mountains or avoiding the dentist until your cavity turns into an abscess, it might be a sign you have a problem with procrastination.

Lin Jingjing, 34, a fashion columnist, recently admitted to being a classic procrastinator.

Even creeping deadlines were not enough to jar her into writing last month. "I sat around the apartment making coffee, reading friends' blogs, chatting on QQ and cleaning house, so my work suffered delay after delay," she says.

When ceaseless calls from her editors came in, she reluctantly started to write. "Their calls drove me mad: I was scared to answer the phone for several days," she says. "I found procrastination has become one of my hardest bad habits to buck."

"I hate not being able to make myself do what I want to do when I want to do it," says Li Zeng, 30, a sales trader who lost her job after delaying sending out bills to one client several months ago.

Most people have been guilty of procrastination at some point. About 20 to 25 percent of adults are chronic procrastinators, says Joseph Ferrari, a psychologist at DePaul University in Chicago.

"It's not about time management," says Ferrari, who co-edited the only scholarly book on the subject, *Procrastination and Task Avoidance*. "To tell a chronic procrastinator to 'Just do it' is like telling a clinically depressed person to cheer up."

Some people procrastinate because they believe they need a rush, some feel paralyzed by perfectionism and others simply don't want to do the task.

"If we call friends at the last minute, they're less likely to be free. If we phone to make a reservation one hour before dinner, we probably can't get a table. And if we revise our resumes or write a presentation the day before a job inter-

view, well, it's no shock if we don't get the job," says Zhang Kan, researcher at the Chinese Academy of Sciences' Institute of Psychology.

A semi-annual 1984 study of 342 college students found close to 50 percent always procrastinated at writing term papers.

One thing is clear: procrastinators pay a high price.

A study of 104 college students published in the November 1997 issue of *Psychological Science* found that procrastinators turned in their papers later and got lower grades. Even physical health and key relationships suffered. The study found that later in the semester, as deadlines loomed and stress rose, procrastinators were more likely to fall ill and see a doctor.

It took most of the 20th century for psychologists to get serious about studying people who postpone till tomorrow what they ought to do today.

"In our computer-driven society, people can opt for hyper efficiency, but they can also mindlessly procrastinate with endless electronic distractions," Zhang says. "The resulting damage – while often trivialized – can be severe, stunting careers and leaving lives mired in shame and self-doubt."

Like many self-defeating behaviors, procrastination is rooted in the psyche and personality. Procrastinators are full of self-doubt and fret over how others evaluate their abilities. "Procrastinators view their self-worth as based solely on their ability at a task," he says.

Their logic, taken to the extreme, is that postponing a task prevents judgement.

Delays also offers a handy excuse for failure. "They'd rather create the impression that they lacked effort than

ability," says Ferrari. "They can blame it on a lack of time."

It is not impossible to overcome procrastination. Experts agree that no matter the cause, procrastinators can reform. Behavioral therapy is often needed.

1. Make it attractive to complete a project early. People are punished for turning in a project late, but no one is rewarded for finishing early. "We don't give the early bird the worm anymore," Zhang says.

2. "Just do it" should be your slogan. If you get to work on time, your attitude about the job will change. It won't seem so bad. "We feel good when we make progress. And when we are happier about our goals, we achieve more. It's a not-so-vicious cycle," he says.

3. Break a big project into small pieces. Be honest about a task that's been looming on your list. Do it now, or admit that it will never get done and strike it from your list.

4. Make your goals public. Telling others what you plan to do gives you accountability. Make a pact as a favor for a friend and yourself. As many people have found, it's a lot easier to get out the door if you have a jogging buddy. Disappointing yourself is one thing, but disappointing a friend is another matter.

5. Don't underestimate yourself. "You can do a lot in 15 minutes. Set a timer and tackle a dreaded task," Zhang says. Another way is to change one's approach to chores. Try to think "I have the opportunity to do it again" rather than groan about how you "have to do it again."

6. Don't beat yourself up about past failings. Some people

are convinced they are horrible because they have procrastinated. But people who forgive themselves are less likely to procrastinate in the future. "Forgiving yourself often means you make a promise to change your future behavior," he says.

7. Don't give in to feel good. Distractions are too welcome, Ferrari says. In experiments, people choose the more immediate reward when given the choice between now or later. "It may feel good right now to check Facebook, Twitter or log on to MSN Messenger, but people often discount future gains," he says.

8. Engage in a meaningful career. People may procrastinate doing things they don't enjoy. "While we all have to do mundane things such as dishes and grocery shopping, life is much more enjoyable if you have a meaningful career. It may take some soul-searching," Ferrari says. "Sit down and make a list of the times when you felt truly happy. Then, think about how you can make a career out of them."

9. Get to know your flags if you find yourself straying. When you inch the mouse toward the log-on button of Facebook, beware. Stay focused on what really needs to get done.

John Perry at Stanford University wrote an essay on his strategy, called *Structured Procrastination*. He structures his to-do list to exploit his tendency to do anything except a necessary task. At the top of the list is something that seems important and pressing, so he ends up doing all the other things on his list to avoid that one thing. He knows his flags and uses them to "acquire a reputation for getting a lot of things done."

Hmm...Where should I start?
I'll figure it out later.



CFP Photo

Dining



Free brunch for mothers

Let Marco Polo Parkside Beijing take care of your mother with a free hearty Sunday brunch. Treat mom to a slap-up meal at Cafe Marco to express your gratitude for her love. Explore the endless live cooking stations and discover her gourmet favorites. Feast at the Fresh Seafood Station, Italian Pizza & Pasta Station, Japanese Sashimi and Sushi Station, European Carving Station, Chinese Noodle and Dim Sum Station and the ladies' favorite Dessert Station.

Where: Marco Polo Parkside Beijing, 78 Anli Lu, Chaoyang District

When: May 9, 11 am – 2:30 pm

Cost: 158 yuan per person (15 percent service fee, minimum two paying guests per table)

Tel: 5963 6420



International cuisine

The Hilton Beijing Wangfujing brings international cuisine to the capital next month with food festivals featuring master chefs from Costa Rica and Portugal. Master Chef Elisabete Real and her husband Fernando Real of Tromba Rija in Lisbon, Portugal, bring the degustacao de Portugal menu of traditional dishes and wines that has made their restaurant famous.

Where: Vasco's restaurant, Hilton Beijing Wangfujing, 8 Wangfujing Dong Street, Dongcheng District

When: May 9-16 (Costa Rican), May 17-26 (Portuguese), 5:30 – 9:30 pm, ,

Cost: 228 yuan per person (15 percent service fee)

Tel: 5812 8888 ext. 8411

First among equals

Meet Bruce Cakebread over an evening of wines from the Cakebread Cellar in Napa Valley. Paired with a fine dinner by China World Hotel Beijing's executive chef Christopher Romine, Aria promises a fabulous evening in the American tradition.

Where: China World Hotel Beijing, 1 Jianguomen Wai Dajie, Chaoyang District

When: April 22, 7 pm

Cost: 888 yuan per person

Tel: 6505 2266 ext. 36



One East credit crunch lunch

Visit One East for an unforgettable modern-American lunch. Pay 100 yuan for a two-course set featuring the best contemporary American Cuisine in Beijing: add 30 yuan for a third course.

Where: Hilton Beijing, 1 Dongfang Lu, Chaoyang District

When: Every Monday – Friday, noon – 2 pm

Cost: 100 to 130 yuan per person (15 percent service fee)

Tel: 5865 5030



I love you, Mom

Mother's Day is a time to show appreciation to all mothers. Celebrate the occasion at Rouge Chinese Restaurant or Valley Cafe where mom will be treated with champagne, soothing music and a wide array of traditional and international cuisines.

Where: Crowne Plaza Beijing Zhongguancun, 106 Zhichun Lu, Haidian District

Cost: 168 yuan per person at Valley Cafe Buffet, 388 yuan per person at Rouge Chinese Restaurant for set menu (15 percent service fee)

Tel: 5993 8888

Hotel

Shangri-La Hotels and Resorts opens in Istanbul

Shangri-La Hotels and Resorts signed an agreement with Tanriverdi Holding to manage the Shangri-La Hotel Istanbul opening April 2012. It will be located between the Dolmabahce and the Maritime Museum on the European coast of the Bosphorus Straits. Guests will enjoy a view of the Asian coast of Istanbul, the Bosphorus Bridge and the city's historic peninsula. The hotel will offer several restaurants and bars including a rooftop restaurant with views of the city's historic skyline and coastline. Additional facilities include a health club, spa, swimming pool, business center, ballroom and conference and meeting rooms. Visit shangri-la.com for more information.

Escoffier Youth Hope Contest 2010

Escoffier International Chef Association held its press conference for the Escoffier Youth Hope Contest 2010 at Legendale Hotel Beijing. Patrick Perie, the hotel's executive chef, is a member of the Chef Association.

Where: Legendale Hotel Beijing, 90-92 Jinbao Jie, Dongcheng District
Tel: 8511 3388

New Gloria Hotels & Resorts in Lushan

Gloria Hotels and Resorts and Jiujiang Sida Hotel Management have signed a franchise agreement to open Gloria Resort Lushan. Located in the renowned hot spring scenic district of Xingzi, the new hotel will be a deluxe accommodation complex for leisure and business travelers. It will include many dining options entertainment and health facilities. The hotel will have 200 rooms and indoor and outdoor hot spring compounds. Other facilities include six meeting rooms and a multi-function room which can cater to hundreds, a karaoke room, bar and game room. Visit glori-hotels.com to learn more.

Event

Shanghai chic

Enjoy jazz standards by the Shanghai Rose Duo. The bar serves a variety of cocktails, mojitos, single-malt whiskies and Japanese spirits.

Where: Grand Millennium Beijing, 7 Dongsanhuan Zhong Lu, Chaoyang District

When: Mondays – Saturdays, from May 1, 8:30 pm

Tel: 6530 9383

(By Sun Feng)

Aviation

See more of Britain for less

As part of its strategy to boost travel to the UK, British Airways has teamed up with VisitBritain for its new promotion: Britain – The Great Big, Little Country. Special fares are available to London on bookings for flights between April 26 and September 30 made before April 22. British Airways customers can book a return World Traveller (economy class) fare from Beijing or Shanghai to London Heathrow for 4,400 yuan or opt for a one-way upgrade to World Traveller Plus (premium economy class) for an additional 2,500. Check British Airways' website at ba.com for more details.

Chinglish story

This column focuses on Chinglish mistakes in our daily life. If you have any experiences to share, send them to Wang Yu at wangyu2008@ynet.com.

She needs a day off

By Wang Yu

A few Saturdays ago, I went for a drink with two foreign friends – Collin from Britain and Peter from Sweden. We went to a small *hutong* bar in Gulou where it was quiet and the beer was cheap. It also had musical instruments that customers could play while they were drinking.

An hour later, we decided to move to a busier place. We ended up at a bar in Sanlitun where the DJ was playing hip-hop. None of us liked the tracks, but we put up with it while waiting for a DJ whose set started around midnight.

A recent study by a Shanghai academic revealed that most Western women do not like Chinese men because they consider them “ungentlemanly.” I think this kind of behavior comes out because most Chinese men feel self-conscious around these women.

Chinese women, on the other hand, do not have trouble dealing with foreign men. They usually make the first move no matter how stupid the men appear, so how much more to my two companions who were quite good-looking?

We were sitting at the bar, making jokes about the awful music when a young woman came over and chatted up Collin. Her makeup was a bit heavy, and over a jacket, she had on a black dress with a deep V-cut chest.

Collin looked uncomfortable, but I stuck to the unwritten rule among men: never bail out your friend until he asks for help. Peter and I just observed them for a bit of entertainment, confident that Collin could handle the situation.

The woman said she worked for a foreign company and came to the club with friends. She made no secret how pleased she was to hear that Collin came from the UK – a predictable reaction from most local women. From movies, they talked about soccer teams, and I was impressed she knew a lot about the subject.

We could sense the woman wanted more action from Collin, but fortunately, my friend had scruples.

“That’s interesting, but could you please take a day off,” Collin finally said.

“Ah ... Do you really want me to? Which day is good for you?” she said.

“Now, please ...”



“But I’m free now. What about next Thursday? I can ask my boss for a day off.”

“Sorry, my mistake. I meant, Could you please leave me alone?”

The woman stammered something, then quickly moved away. Talk about ungentlemanly, but desperate situations

called for desperate action.

But there was still one thing on my mind. “So, take a day off?” I told Collin.

“Yep, it’s an expression we use to mean go away, stop bothering me and leave me alone,” Collin said.

“Pretty impressive. Peter and I knew you could take care of yourself,” I said.

Blacklist

This is a column of words or phrases commonly misused by Chinese speakers. If you’re planning to be an English teacher, reporter or employee of a multinational company, then watch out for this page each week.

1. I can’t help but concluding that the discovery is great.

Professor Zhu Shida (ZS): The writer has confused two very similar and yet different sentence patterns. There is the pattern “cannot help doing something.” For instance, He could not help bursting into tears when he learned that his brother died in the war. In this sentence, “bursting into tears” is the object of the verb “help,” meaning that one cannot control oneself. However, when it comes to the sentence cited above, the pattern of “cannot help but” does not apply. The right sentence should be: I can’t help but conclude that the discovery is great. The verb “to help” and the verb “to conclude” play an equal role to the predicate. Another example: I can’t help but say that you are wrong.

Steven Sander (SS): The professor’s analysis of this mistake is definitely correct. Two similar but very different expressions somehow fused to create disaster.

2. It does harmer than good.

ZS: The writer got confused in applying the phrase “more harm than good.” The right way to say this is: It does more harm than good. “Forcing the boy to study for extra hours will do him more harm than good.” So, “to do more harm than good” is a set phrase; you cannot change “more harm” into “harmer.” The word “harm” here is a noun. The adjective form of “harm” is “harmful.” It is all the more harmful to stick to a fatty diet than to be inclined to sweet foods. Said another way: Sticking to a fatty diet will do you more harm than good.

SS: It is very difficult to figure out where this writer was going. At first glance, this looks like a bungled attempt at changing the degree of an adjective: as “funny” becomes “funnier” rather than “more funny,” so why shouldn’t “harm” become “harmer”? Probably because harm isn’t an adjective – and because there is no harmfuler. Harm is most clearly a noun. Regardless of how the mistake was made, the professor’s suggested fix seems to fit the writer’s intended meaning.

3. Webinar

ZS: This strange word is neologism now in wide use. It is a portmanteau composed of Web and seminar. Thanks to the creation of the Internet and the irresistible inclination to linguistic innovation, English is now experiencing greater change than at any time in history. We encounter newly created words almost every day. Some, such as docudrama, persist while others, such as defamacast, perish in moments. The word blog, a portmanteau of Web and log, has been so widely accepted as to have birthed words of its own: “blogger” is one who writes blogs; the community of bloggers is called the “blogosphere.” Did you know that the words astronaut and breathalyzer were similarly invented?

SS: Let your audience be your guide. Seven years ago, it would have been widely frowned on to use words like blog or blogger in formal writing. Today is another story: these words are the topics of some academic study. Still, one would be wise to approach neologisms with caution: especially nouns that masquerade as verbs as in the ever-popular “friending.” Most of these perish as quickly as the forced memes of the Internet: how often do you hear your coworker’s promotion being attributed to “assmosis” or see someone talking about his “vlog”? One can only hope “crowdsourcing” and “podslurping” go the way of “edutainment.”

Chinglish on the way

This column aims to identify Chinglish in public areas. If you see any Chinglish signs, please send a picture of it to wangyu2008@ynet.com together with your name and address.



Anti-falling shampoo

By Tiffany Tan

Now we know the secret to Jackie Chan’s martial arts prowess. No wonder he can deftly climb walls and trees, jump between buildings, fly through the air on a motorcycle, hang on to fast-moving helicopters and simultaneously fight a dozen enemies without breaking stride – he uses Bawang shampoo.

I saw the product’s TV ad two weeks ago and was surprised to see Chan selling shampoo. It shows that the Chinese movie star is as generous as he is

good-natured; he doesn’t mind sharing his secret weapon with the rest of China. For 65 yuan a bottle – plus 30 grams of conditioner free – Bawang is a steal!

But its beauty does not end there. The most amazing thing about this shampoo is that it also “prevents hair loss,” which is what *fang tuo*, the two big characters on the box, means.

With this, any aspiring action star will be ready to face the cameras and conquer Hollywood. What more can he want, right, Jackie?